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# HOMELAND ADVANTAGE

CHECK SCENE FOR THE GLOBES' TOP SHOWS, ACTORS AND JOKES PAGE 11



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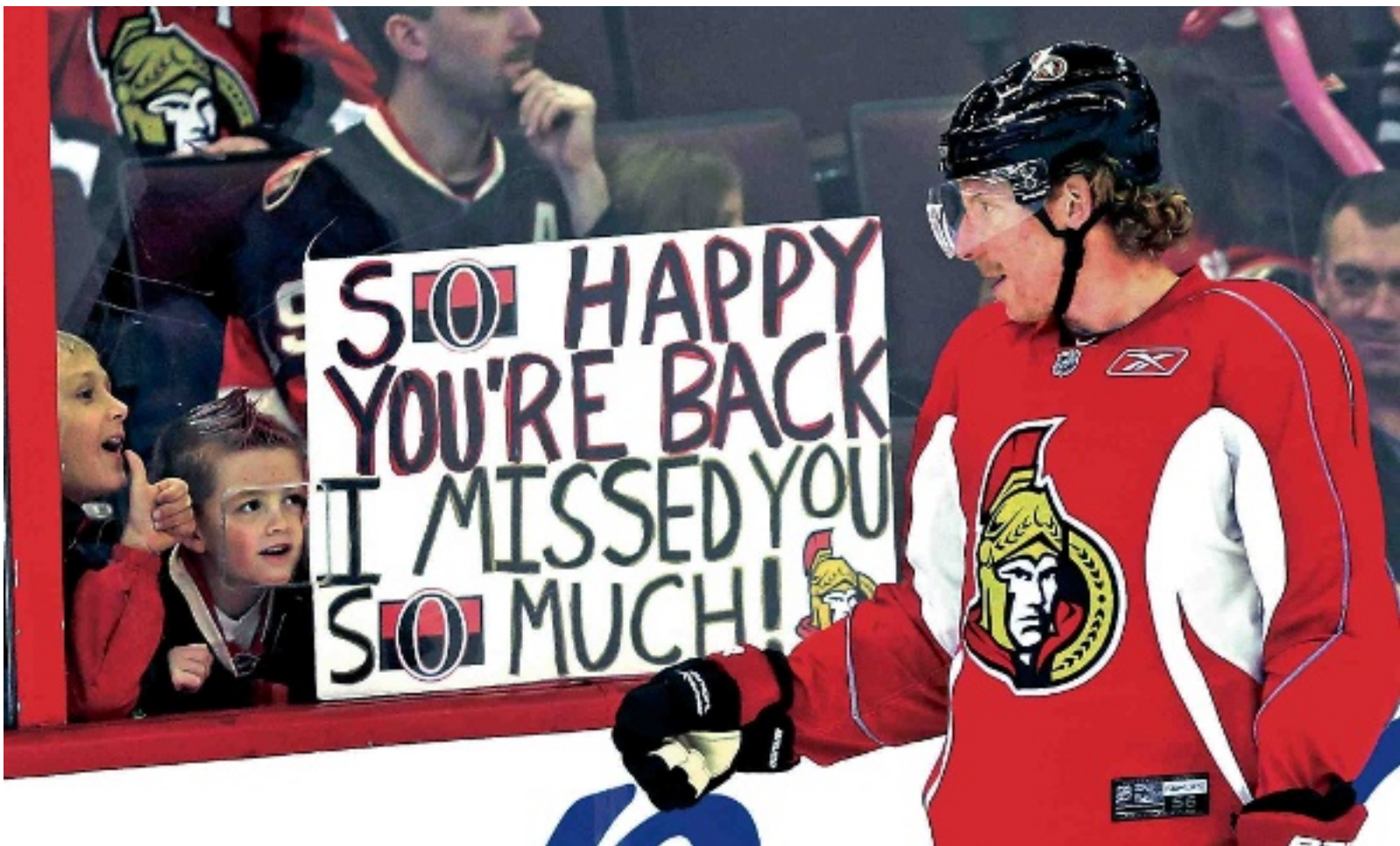
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**Monday, January 14, 2013**

 **News worth sharing.**



# AHOY THERE, CAPTAIN!

PAGE 4

Ottawa Senators captain Daniel Alfredsson acknowledges two young fans who show their appreciation for the team coming back after the 119-day NHL lockout, during training camp in Ottawa on Sunday. FRED CHARTRAND/THE CANADIAN PRESS

## Local talent

Homegrown 13-year-old's film appeared in theatre yesterday. Are the Golden Globes in her future?  
PAGE 3

## Attn: Parents

We know you're hip, but maybe it's time to let go of some of these parenting trends PAGE 13

## Thought you'd exhausted uses for cookie dough?

Think again. Flip to see one more yummy way to use the better-than-the-original treat PAGE 14



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# 13-year-old Ottawa girl makes directorial debut

**Mirror.** McKenzie hopes to kickstart a career in movies with her 20-minute short



**ALEX BOUTILIER**  
alex.boutilier@metronews.ca

When asked what it was like to see her work on the big screen for the first time, Morgana McKenzie says simply that it was "fun."

"It's really interesting sort of seeing that small idea in your head kind of come to life on screen. So that's always really rewarding," McKenzie said Sunday, after her 20-minute short *Mirror* debuted at a private screening at the Mayfair Theatre.

It's a more staid response than one might expect from a 13-year-old writer/director. But, when watching her work or speaking with her for any length of time, it's easy to forget that McKenzie is so young.

Inspired by the plucky band of would-be moviemakers in J.J. Abrams' film *Super 8*, McKenzie took up pen and camera to produce her first film at

age 12. Of course, the recording equipment McKenzie uses is slightly more sophisticated than the camera Abrams' film takes its name from.

"The equipment makes a difference, but it never really changes the story," said McKenzie. "The story is one of the main parts of (the movie) that really enhances it."

*Mirror* tells the story of Colette, who, after finding a mysterious mirror in her house, awakens in a field disoriented and frightened. The action follows Colette's attempts to return home — but others in her mysterious new surroundings have different designs.

McKenzie hopes it will secure her a spot at Ottawa's Canterbury High School, where she would like to pursue visual arts. She hopes to one day work in the movie business — but is taking a bit of a break after *Mirror* to focus on school.

"I do have other plans for films, but I don't think I'm going to do as long a film (next)," McKenzie said.

"I think I'm going to lean towards more like five-minute shorts, or even shorter, or up to eight minutes."



Naya Weiler embraces her co-star Amy Cameron, who is burying her head in Weiler's shoulder, in this still from Morgana McKenzie's film *Mirror*. The 13-year old Ottawa director made her big-screen debut at the Mayfair Theatre Sunday. CONTRIBUTED

## City hall has big plans for Little Italy



Some worry new plans will threaten the character of Ottawa's Little Italy neighbourhood. SEAN MCKIBBON/METRO

Ottawa city officials will mull a plan to transform the Preston-Carling community into a "western gateway into the larger downtown area" in the coming months.

On Friday, the municipality released draft plans for the Preston Street and Carling Avenue area. The plans, which have yet to be reviewed by the municipality's planning committee and councillors, allow for 40-storey buildings along Carling

Avenue near the future LRT station, 18-storeys along Rochester Street, with a six-storey maximum on Preston Street.

The plan would also allow 25-storey, predominately residential developments along the western edge of the O-Train corridor.

Preston Street will remain the "commercial spine" of the district, according to the draft.

The draft report states

the plan for blocks flanking Ottawa's Little Italy needs to encourage redevelopment in the form of infill while ensuring the "unique quality and characteristics that define the identity of the Preston-Carling District will not be lost in the wake of the major urban transformation."

Some community members are skeptical as to whether that can be achieved with the current plan. Eric Darwin, an outspoken com-

munity activist, wrote on his West Side Action blog that the draft plan has "lots of good words."

"It remains to be seen what good deeds remain once everyone has a kick at making changes," Darwin wrote.

The complete draft can be found at [ottawa.ca](http://ottawa.ca). The city is also soliciting opinions on the draft plan through [carling-bayviewCDP@ottawa.ca](mailto:carling-bayviewCDP@ottawa.ca).

ALEX BOUTILIER/METRO

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1 NEWS



# 'We're going to do a lot of things for fans this season'

**Eugene Melnyk.**  
Senators owner  
apologizes to fans,  
says he's excited  
team is back



**SEAN  
MCKIBBIN**  
sean.mckibbin@metronews.ca

There were apologies and announcements of discounts and giveaways, but Ottawa Senators owner Eugene Melnyk knows the best way back into the hearts of Ottawa fans.

"We're going to do a lot of things for fans this season," Melnyk said Sunday at a press conference ahead of a training camp practice that was open to fans.

"But the most important thing we can give is to have these players come out every night — and I know they're going to give 150 per cent — (and) deliver you a winning team."

Melnyk said the team has a "huge advantage," in this shorter season since 17 of the team's 23 players were

playing hockey during the lockout.

He also cited a "deep" farm-team system and the Senator's unexpectedly strong performance last year in the playoffs as factors that bode well for the Sens.

"There's a big undertone in the NHL ... that we are in fact a quiet favorite, but we want to be positioned as an underdog," said Melnyk.

"I've never been more excited about the depth that we have."

Melnyk said he was sorry the contract dispute meant four months without hockey, but he said he thinks Ottawa fans are astute enough to know the league is moving on, hockey is back with a 10-year contract agreement and they can feel comfortable investing emotionally in the team.

For his part, Sens Captain Daniel Alfredsson said local fans had always been good to the team and he said he and the other players are eager to get back on the ice.

"We are really motivated to play hard and make Ottawa proud of this team," said Alfredsson.



Ottawa Senators owner Eugene Melnyk smiles as he addresses reporters with team captain Daniel Alfredsson.  
SEAN MCKIBBIN/METRO

## Twitter

**@TheKayng:**

RT @NHL\_Sens: #Sensareback on the ice! #Alfie <http://t.co/tFXbseHu> Is this real life?

**@SensForLife11:**

So we see Cyril Leeder and my friend goes up and shakes his hand. He proceeds to pull 2 tix out of his pocket and says "Opening night on us"

**@Iamthehb:**

Great Practice today guys! Looking great! #Sensareback @NHL\_Sens ottawa ontario canada

**@angelairwmyers:**

So exciting! Victoria got a stick from Chris Neil and puck from Cody Cece (autographed)! Thanks @NHL\_Sens had a great time!

**@mbjet:**

@NHL\_Sens we'll be waiting for you #gojetsgo #allsystems go! Bring it on! #Sensareback @NHL\_Sens

## Senators work hard to woo their fans back



Ottawa Senators president Cyril Leeder announces a number of initiatives designed to mend fences with fans. SEAN MCKIBBIN/METRO

The Ottawa Senators are pulling out a lot of stops to woo their fans back.

Tickets for Sens' first 10 regular-season home games go on sale Monday at 10 a.m. For the first at-home game Jan. 21 against Florida, kids 14 and under will get in for free with the purchase of an adult ticket, there will be free parking in lots 5, 6 and 9 and \$1 popcorn. Merchandise for the first game will also be 50 per cent off.

The free tickets for kids deal will also happen on games Jan. 27, Feb. 12, Feb. 19.

## Quoted

**"We're sorry that you had to miss those games and we can't get those games back, but we can make the remaining 48 games meaningful and important to you."**

Team president Cyril Leeder

Seven of the first 10 games will also feature \$1 popcorn and pop. On Feb. 5, students will get in for half price and on Feb. 9 all minor hockey players will get into the game for half price. The first 1,500 players wearing a jersey will receive a player-autographed

item such as a mini stick, puck or player photo.

"For all of our fans, we know you love Senators hockey and have missed the games these last few months," team president Cyril Leeder said. "We're sorry that you had to miss those games and we

can't get those games back, but we can make the remaining 48 games meaningful and important to you."

Leeder said practices will be open to fans and the team will send out alerts about scheduled scrimmage practices that fans can come out and watch.

"That was one of coach Paul (MacLean's) ideas and we thought it was great," said Leeder.

Season ticket holders will also get to meet the players and will get a free game, Leeder said.

SEAN MCKIBBIN/METRO

## Started with the stove

### Man without a home after fire in west end

A kitchen fire Saturday has turned an Ottawa man out of his home in the city's west end.

Ottawa Fire Services responded to reports of a fire at 30 Van Lang Private near Churchill Avenue just

before 10 a.m. Saturday.

According to Fire Services, the fire started on a stove in an apartment at that address. The cause has been determined to be accidental.

Damages are expected to be in the range of \$50,000, including \$5,000 in damages to the apartment's contents. The resident was treated for smoke inhalation at the scene.

ALEX BOUTILIER/METRO

## Deadly accident

### 19-year-old killed in collision involving pickup

Police say 19-year-old Nicholas Holliday of Casselman was killed after being struck by a pickup truck around 12:15 a.m. on Route 500 southeast of Ottawa.

THE CANADIAN PRESS

## On the scene

### Incident being investigated after man struck by vehicle

A man was hospitalized with serious head injuries after being struck by a vehicle on the Airport Parkway Sunday morning. Ottawa Paramedic

Services were called to the Airport Parkway south of Hunt Club Road just after 7:20 a.m. on Sunday after receiving reports of a man struck by a vehicle.

When paramedics arrived on scene, they found a man believed to be in his late 20s to early 30s suffering from life-threatening head injuries.

He was treated on scene and transported to the Ottawa Hospital Trauma Unit

for further treatment. No information on his status was provided.

Ottawa Police Services are investigating the incident.

ALEX BOUTILIER/METRO

## On the web

For more local news go to [metronews.ca](http://metronews.ca)



# HolaEcuador : A Canadian beachfront development in Ecuador

## Enjoy a year-round tropical paradise in a secure, comfortable environment



Gordon Poole - Co-owner of HolaEcuador

**T**ired of scraping your windows and shoveling snow? Escape to the warmth and charm of Ecuador! Home to the world-famous Galapagos Islands, millions of hectares of untouched rainforests, massive Andes mountains and hundreds of kilometres of pristine beaches, Ecuador is finding its place on the world stage as a top-tier destination.

But it's not just the weather that's hot in Ecuador - the real estate market is cooking too, and a Canadian company is making it easy to own a beachfront paradise of which dreams are made. HolaEcuador Property Development Inc. develops and sells beach properties on the Pacific coast of Ecuador. Mirador San Jose - the largest of HolaEcuador's projects - has over 1600 lots to choose from. Managed by Canadian owners and investors, Mirador San Jose is the perfect winter escape, retirement project, investment and/or rental property opportunity.

### Why Ecuador?

#### Unparalleled mix of nature and culture

Where else can you visit a volcano on horseback in the morning, meet tribal elders at an Amazonian jungle resort in the afternoon and finish the day with a seafood dinner in an oceanfront restaurant? One of the most bio-diverse places on the planet, Ecuador is the ideal location for outdoor activities such as all types of water sports, biking, fishing, hiking and nature-gazing. Need a fix of culture and culinary wonders? The capital city Quito, perched among volcanoes in the Andes mountains at 9,350 feet altitude, boasts the UNESCO World Heritage colonial district, with architecture, restaurants and night-life that rivals the best of European cities.

#### Fantastic climate

The climate in Ecuador is ideal all year long, without the extreme wet seasons that are common to the tropics. Being located on the equator, the country never experiences the devastating hurricanes and major tropical storms that are commonplace in regions such as Mexico and Florida. The average temperature varies between 23C and 28C and the water temperature in front of Mirador San Jose is 23C or more, throughout the year.

**holaecuador.ca**

**Informational seminars**  
**Saturday, January 19 at 1pm**  
**Tuesday, January 22 at 7pm**  
**The Westin Ottawa**  
**11 Colonel By Drive, Ottawa**

### Excellent investment

In addition to all the great lifestyle advantages of being in Ecuador, it is also an incredible investment opportunity not to be overlooked. "We have many property owners that missed the Costa Rica boom and are very pleased to find that it's still possible to acquire a property in an oceanfront development such as ours," says Gordon Poole, co-owner of HolaEcuador. "In fact, real estate prices in Ecuador match those of Costa Rica of 15 years ago. Indeed, many people dream of owning a property in the tropics, but the capital costs can be significant. Property in Ecuador, however, is absolutely within the reach of many Canadians' budget. Ecuadorians enjoy the lowest cost of living in all of South America, a high standard of living and a stable, democratic government.

Owning property at the Mirador San Jose is ideal for those looking to diversify their investment portfolio. The value of the lots at the development has increased on average by 45 per cent over the last two years. And there are no taxes on capital gains on the occasional sale of properties in Ecuador, even for second and third residences, which makes investing in Ecuadorian real estate an interesting alternative to the stock markets. Further, property owners can take advantage of the property value increase while generating rental income. HolaEcuador even guarantees a minimum occupancy of

*"It's very difficult to find this value and quality elsewhere in the world."*

30 per cent for certain homes, because of the current demand for rental properties in the region. That can generate enough revenue to offset a significant portion of capital costs.

### Welcome to Mirador San Jose

Mirador San Jose is located 60 kilometres south of Aloy Alfaro Airport in the port city of Manta and just minutes north of Machalilla National Park, a spectacular jungle and marine park. Accessible by the Ruta del Sol, a brand new highway built specifically to cater to the region's growing tourist population, Mirador San Jose consists of over 1600 lots on a 130-acre, master planned, gated beachfront property.

The development features all basic services (water, sewage, electricity) running underground, as well as domestic waste and sewage recycling, high speed Internet, plenty of parks, playgrounds and recreational areas with tennis courts, soccer field and swimming pools. Further, there are three sectors within the development zoned for restaurants, bars, shops, boutiques, cafes, grocery stores and a medical centre. "You're not buying a cottage lot; these are full ownership properties in a resort town," says Mr. Poole. "Fully serviced lots a short 10-minute walk from the beach are available for as little as \$10,000. It's very difficult to find this value and quality elsewhere in the world, which is why our properties are selling quickly. "Of the nearly 500 home sites sold to date, more than 350 have been purchased by Canadians, and the remainder mainly by Ecuadorians. Since this past September alone, 35 home sites have been snapped up by Ottawa-Gatineau residents."

Once clients have secured their lot, HolaEcuador will help them build the beach home of their dreams. "We offer many home models for all tastes and budgets," says Mr. Poole. "We also offer custom house and condominium design services. "Our architects and engineers work with clients to make their dream house a reality, at prices that are a fraction of what they would pay in North America. Luxurious homes can be built in Ecuador for approximately US\$85 to \$95 per square foot. We have nice little two-bedroom bungalows that are available for only \$55,000 and larger, two-story luxurious homes with private pool available for \$161,900 - land and taxes included!

Dreaming of owning a small business? At Mirador San Jose, residents can run a business while enjoying a laid-back tropical oceanfront lifestyle. Commercial properties are a hot commodity at Mirador San Jose. Fewer than 30 lots remain unsold and the opportunity for small business owners is astounding - Mirador San Jose is an attractive, exclusive market; a village and beach resort that will be home to hundreds of families, vacationers, retirees and local, affluent residents.

### HolaEcuador Property Development Inc.

HolaEcuador Property Development Inc. is owned and operated by Canadians with offices in Trois-Rivières, QC and Manta, Ecuador, and with regional sales representatives across Eastern Canada. Co-owner Gordon Poole lives in the Ottawa area and makes frequent visits to the Mirador San Jose project, where a team of Canadian and Ecuadorian professionals are permanently located.

"Nearly half of our clientele comes from referrals from existing customers, which demonstrates how excited property owners are to be part of this community," says Mr. Poole. "Our property owners vary from adventurers in their 20s to pre-retirees in their 40s and 50s who are buying property now, while it's affordable. Some intend on using their property for vacationing only, while others are planning to use it as a rental income investment. "Some clients see property ownership in Ecuador as a means to stretch their vacation and investment dollars further, while others are simply looking to escape the cold winters. Here in Ecuador you can do both."

*HolaEcuador will be holding free informational seminars on the lifestyle and financial benefits of property ownership in Ecuador on January 19 and 22 at the Westin Hotel in Ottawa.*



**819 744-1957 / 819 598-0294**

**info@holaecuador.ca**

**Contact us to reserve your spot**  
**Discover the lifestyle and financial benefits of property ownership in Ecuador**





## Aaron Swartz. Family of Reddit co-creator blames prosecutors for suicide

The family of a Reddit co-founder who committed suicide weeks before he was to go on trial on federal charges that he stole millions of scholarly articles is blaming prosecutors for his death.

Aaron Swartz hanged himself in his Brooklyn apartment Friday night, his family and authorities said. The 26-year-old had fought to make online content free to the public and as a teenager helped create RSS, a family of web feed formats used to gather updates from blogs, news, audio and video.

In 2011, he was charged with stealing millions of scientific journals from a JSTOR computer archive at the Massachusetts Institute of Technology in an attempt to make them freely available.

He had pleaded not guilty, and his federal trial was to begin next month. If convicted, he faced decades in prison and a fortune in fines.

In a statement released Saturday, Swartz's family in Chicago expressed bitterness toward federal prosecutors pursuing the case against him.

"Aaron's death is not simply a personal tragedy. It is the



Aaron Swartz THE ASSOCIATED PRESS FILE

product of a criminal justice system rife with intimidation and prosecutorial overreach. Decisions made by officials in the Massachusetts U.S. Attorney's office and at MIT contributed to his death," they said.

JSTOR didn't press charges once it reclaimed the articles from Swartz, and some legal experts considered the case unfounded. JSTOR's attorney even asked prosecutors not to pursue the case, according to Elliot Peters, Swartz's defence attorney. THE ASSOCIATED PRESS

## Attawapiskat. Mulcair seeks hunger strike's end

NDP Leader Tom Mulcair is calling on Attawapiskat Chief Theresa Spence to end her liquid-only diet.

Mulcair told CTV's Question Period he's always concerned when someone seems willing to end their own life.

He says Spence ought to end her protest now following last week's meeting between Prime Minister Stephen Harper and First Nations leaders.

"I would sincerely call

upon Chief Spence to realize that there has been a step in the right direction," he said.

"It has been a year where nothing was done after a very formal meeting. But finally the government seems to be moving."

Spence has vowed to continue her protest until First Nations leaders can get Harper and Gov. Gen. David Johnston in the same room.

THE CANADIAN PRESS

### Nova Scotia

#### Fisherman likely drowned: RCMP

RCMP say a 20-year-old Nova Scotia fisherman who went overboard Saturday southwest of Yarmouth is presumed drowned.

Officials say the search for Michael Jeffrey Doucette from Wedgeport was called off Sunday.

Lt.-Cmdr. Bruno Tremblay says rescue crews made the difficult decision around 9 a.m. after scouring the waters for more than 14 hours.

"It's very sad," Tremblay said. "It was a very difficult decision to do but it's standard protocols."

THE CANADIAN PRESS

### 22-year-old

#### Canadian student killed by a train in Bangladesh

A newspaper in Bangladesh says a Canadian student was struck and killed by a train Saturday in Dhaka.

The Daily Star reports the victim's uncle identified her as Mungerina Arabin Jerin, 22, a student at the Medical College for Women and Hospital in the suburb of Uttara.

Foreign Affairs confirms a Canadian died in the country and says Canadian consular officials are working with local authorities to gather details on the death.

THE CANADIAN PRESS

# Sanctuary claims Ikea monkey was abused

**Custody battle.** Court documents allege the family beat the animal, wanted its teeth pulled

### Semantics?

"She holds him by the neck to keep him still or above water ... The defence calls this strangulation."

Lawyer Ted Charney, alleging that the sanctuary considers normal pet handling "abuse".

The battle over a macaque known as the Ikea monkey is heating up, with a primate sanctuary alleging his owners strangled the animal, hit him with a spoon and planned to have his teeth removed.

But a lawyer representing the woman, who is trying to get her pet back, dismisses the claims, saying they're an attempt to discredit his client.

Anything can be claimed in such court documents, "no matter how ridiculous," Ted Charney said in a statement.

The monkey, named Darwin, has resided at Story Book Farm Primate Sanctuary in

Sunderland, Ont., since he was found in December wandering in the parking lot of a Toronto Ikea, wearing a little shearling coat.

The sanctuary is trying to block efforts by Yasmin Nakhuda, Darwin's owner, to get him back, and it's now alleging in court documents filed Friday that she abused him. Nakhuda has said that an unidentified breeder gave Darwin to her as a gift. But the sanctuary alleges Nakhuda, a real estate lawyer, was introduced to an illegal exotic animal dealer by a client.

Nakhuda tried to return Darwin after a few days, but de-

cided keep him after the dealer showed her how to abuse the monkey so he behaved, the sanctuary alleges. The whole family, including Nakhuda's husband and young sons, have abused Darwin since then, the sanctuary alleges.

They have hit him in the head and face, forced him to live in a small dog crate and failed to change his diaper for days, the sanctuary alleges. Darwin was biting the family to protect himself, which prompted them to make plans to have his teeth removed, the sanctuary alleges.

"There are many YouTube



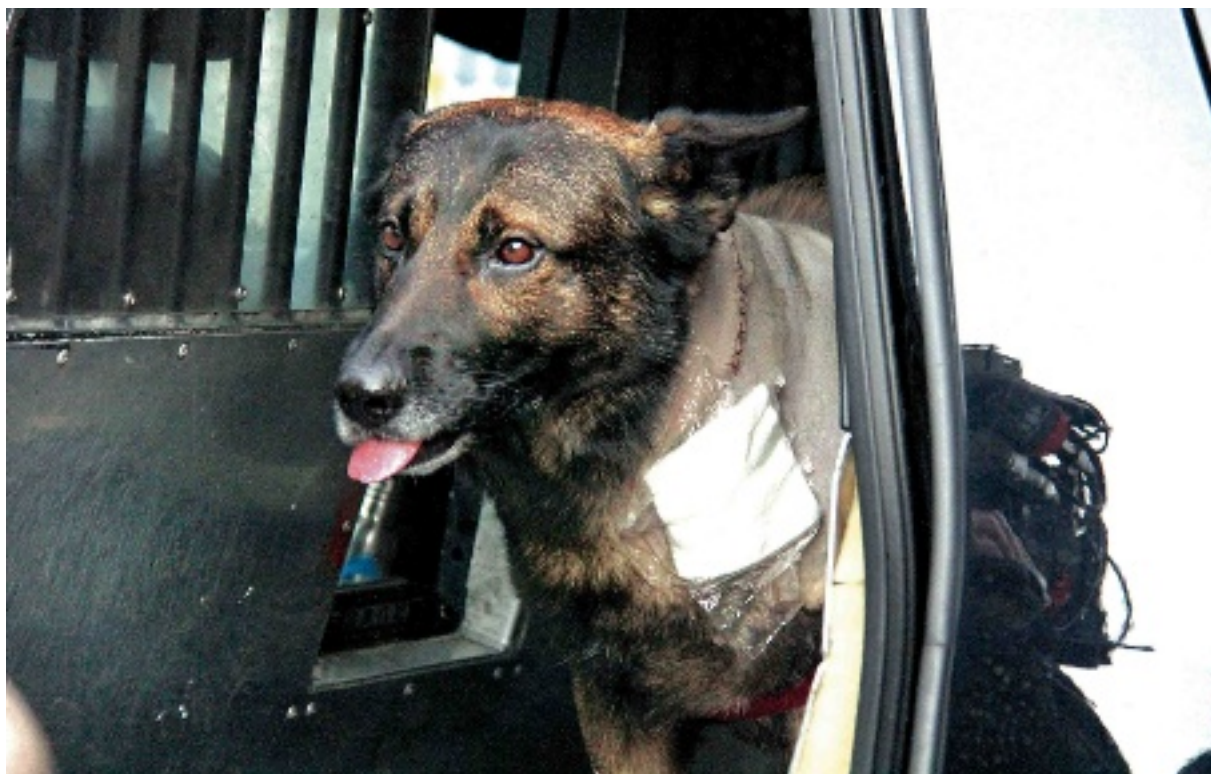
Darwin, the Ikea monkey.

HANDOUT/THE CANADIAN PRESS FILE

videos which show Darwin with the family looking just fine and reveal a loving relationship," Charney said. "Not one person has come forward to say they witnessed abuse."

Photos entered as evidence show the monkey swaddled like a baby asleep in bed with Nakhuda and curled up asleep on her younger son's lap.

THE CANADIAN PRESS



## Vancouver police dog takes a licking and keeps on sniffing

Vancouver police dog Teak peeks out of a VPD vehicle after his release from an animal clinic Sunday morning. The German shepherd is recovering after being slashed in the pursuit of a robbery suspect in Vancouver on Friday. Teak, who will be eight years old in March, received 30 stitches to close up the 10-inch wound he sustained from the incident. PHYLCIA TORREVILLAS/METRO IN VANCOUVER

## Prison head wanted Ashley Smith video shown

The head of Canada's federal prisons initially wanted disturbing surveillance videos showing the drugging and duct-taping of a teenaged inmate who died in custody screened at the inquest, documents show.

In a draft of an internal memo — obtained by federal New Democrats under Access to Information laws — Don Head, commissioner of Correc-

tional Service Canada, writes that prison authorities wanted the videos screened during the inquest proper to protect its integrity.

Head states that he wanted to deny what he called media reports that Corrections "was trying to hide the truth."

However, the videos were only screened publicly Oct. 31 after a fierce legal struggle in which Corrections tried to

keep them secret.

A coroner's inquest begins hearing evidence Monday, more than five years after the 19-year-old choked herself to death in her cell at the Grand Valley Institution in Kitchener while guards, under orders not to intervene, looked on.

In the final memo, approved by the highest levels of government, Head admitted that treatment of Ashley Smith

was substandard, but insisted it did not reflect usual standards. He also sought to boost morale among guards.

"I understand that this negative media coverage ... is upsetting to Canadians, Ashley Smith's family and many of you," Head wrote in the memo Nov. 8. "These images are not reflective ... of the work that goes on every day in our institutions." THE CANADIAN PRESS



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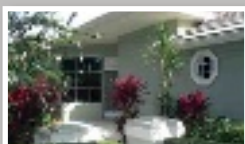
*I can't believe it! After going to this seminar and learning everything on how to buy US real estate as a Canadian, I got together with my 2 best friends and we started using what was made available to us. We were allowed to market one of their properties, which originally bought at \$25,000. We found a Canadian who wanted to buy US real estate and sold it for \$50,000!!! The property was still Cashflowing! She was so happy with getting this property that she is buying a second property from us too! We generated more money 5 days after the seminar then I have made in the last year! I can't believe it!* — **Michael R.**

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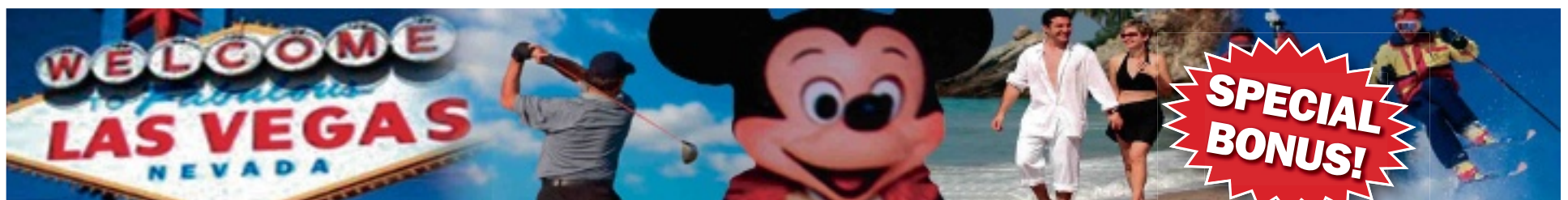
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# 6 men arrested in India after another gang rape

## Friday night attack.

29-year-old woman was travelling to her village in northern Punjab state when driver took her to a desolate location: Cops

Police said Sunday they have arrested six suspects in another gang rape of a bus passenger in India, four weeks after a brutal attack on a student on a moving bus in the capital outraged Indians and led to calls for tougher rape laws.

Police officer Raj Jeet Singh said a 29-year-old woman was the only passenger on a bus as she was travelling to her village in northern Punjab state on Friday night. The driver refused

to stop at her village despite her repeated pleas and drove her to a desolate location, he said.

There, the driver and the conductor took her to a building where they were joined by five friends and took turns raping her throughout the night, Singh said.

The driver dropped the woman off at her village early Saturday, he said.

Singh said police arrested six suspects on Saturday and were searching for another.

Gurmej Singh, deputy superintendent of police, said all six men admitted involvement in the rape. He said the victim was recovering at home.

Also on Saturday, police arrested a 32-year-old man for allegedly raping and killing a nine-year-old girl two

## Gender injustice

"It's a very deep malaise. This aspect of gender justice hasn't been dealt with in our nation-building task."

Seema Mustafa, a writer on social issues who heads the Center for Policy Analysis think-tank.

weeks ago in Ahmednagar district in western India, the Press Trust of India news agency reported. Her decomposed body was found Friday.

Police officer Sunita Thakare said the suspect committed the crime seven months after his release from prison after serving nine years for raping and murdering a girl in 2003, PTI reported Sunday.

THE ASSOCIATED PRESS



## French protesters don't want gays to marry

Thousands of protesters mobilized Sunday against the French president's plan to legalize gay marriage, streaming into Paris by bus, car and specially reserved high-speed train. Legalizing gay marriage would allow same-sex couples to adopt and conceive children. President Francois Hollande's plan has underscored divisions among the secular-but-Catholic French, especially more traditional rural areas versus urban enclaves. LORI HINNANT/THE ASSOCIATED PRESS

### Life sentence overturned

## Mubarak gets another chance

A Cairo appeals court on Sunday overturned Hosni Mubarak's life sentence and ordered a retrial of the former Egyptian president for failing to prevent the killing of hundreds of protesters during the 2011 uprising. THE ASSOCIATED PRESS

### Canadian on death row

## Parole board under fire in Montana

The Montana parole board that recommended against clemency for death-row Canadian Ronald Smith may be examined for being too tough on criminals. The review could result in limitations on the board's powers. THE ASSOCIATED PRESS

### Assault weapons ban

## NRA says it has friends in Congress

The National Rifle Association says it has enough support in Congress to block a law that would ban assault weapons, despite promises from the White House and Democratic lawmakers to make such a measure a reality. THE ASSOCIATED PRESS





## Fired up over Spain's health-care sell-off

Protesters shout slogans during a demonstration against plans to restructure and partly privatize the health-care sector, Sunday, in Madrid. The area's regional government proposes selling off the management of six of 20 large public hospitals and 27 of 268 health centres, and says the reforms are needed to secure health services during the country's economic crisis. Spain's regions are struggling with a combined debt of about \$190 billion US as the national economy contracts into a double-dip recession triggered by a 2008 real-estate crash. ANDRES KUDACKI/THE ASSOCIATED PRESS

## U.S. Treasury rules out minting \$1T supercoin to solve debt-limit crisis

The U.S. government won't be minting a \$1-trillion US platinum coin as a way to solve its debt-limit crisis.

Treasury Department spokesman Anthony Coley said Saturday that neither his department nor the Federal

Reserve believes the law can or should be used to produce such a coin to avoid a coming battle with Congress over government borrowing.

Some of U.S. President Barack Obama's liberal allies have been promoting the coin

strategy. The government has reached its \$16.4-trillion borrowing limit. By late February or early March, Treasury will run out of ways to cover debts and could begin defaulting on government loans.

THE ASSOCIATED PRESS

# Nortel verdict will send message, observer says

**Monday ruling.** Former executives, accused of cooking books, each face up to 10 years in prison

Three former Nortel executives accused of orchestrating a widespread multimillion-dollar fraud will learn their fate Monday, nearly a year after one of the largest criminal trials in Canada's corporate history began.

Ontario Superior Court Justice Frank Marrocco is set to rule on whether ex-CEO Frank Dunn, ex-CFO Douglas Beatty and ex-controller Michael Gollogly manipulated financial statements at Nortel Networks Corp. from 2002 to 2003.

The men, who each face two counts of fraud, are accused of participating in a book-cooking scheme designed to trigger \$12.8 million in bonuses and stocks for themselves at the once-powerful Canadian technology giant. The accused, who were fired in 2004, have all pleaded not guilty to the charges. If convicted, each could face up to 10 years in prison.

Marrocco was the lead pro-



Ex-Nortel CEO Frank Dunn leaves a Toronto court in this Jan. 16, 2012, photo. On Monday, a judge will rule on fraud charges against Dunn and two colleagues. THE CANADIAN PRESS FILE

ecutor in the Bre-X Securities case — the largest corporate fraud case in Canadian history — and his verdict will send a message through both legal and financial circles, says one expert observer.

Darren Henderson, an assistant professor of managerial accounting and control at Richard Ivey School of Business at Western University, says that since the fall of Nortel, securities regulations have been tightened — particularly to ensure that top-ranking executives at major corporations are held more accountable when

By the numbers

## \$9B

The verdict will come on the same day that mediation talks on the distribution of nearly \$9 billion in assets from the now-bankrupt Nortel begin in Toronto. The week-long proceedings are part of an effort to settle the company's creditor claims in Canada, the U.S. and around the world.

signing off on financial statements.

Despite this, Canada is still seen as soft on white-collar crimes, especially when compared to the stiff sentences handed out in the U.S. during the Enron scandal.

"When you look at white-collar crime, there is always going to be incentives for manipulating financial statements," he said.

"There is a direct financial incentive of increasing the value of your sales, getting a bigger bonus or keeping your job. And what has to counteract that is a disincentive or deterrent from the perspective of potential litigation and potential to go to prison."

THE CANADIAN PRESS

Geneva

## Global treaty to cut mercury emissions may be in sight

Delegates from more than 130 nations have begun negotiating to create the world's first legally binding treaty to reduce mercury emissions.

Swiss diplomat Franz

Perrez told reporters Sunday in Geneva "we are confident that we'll be able to conclude here this week" with a final document that nations will adopt later this year. Fernando Luján of Uruguay, who chairs the negotiations, said the six-day conference already has agreed on a draft text that it will use this week for negotiations.

THE ASSOCIATED PRESS

Browser security

## Java glitch to be fixed 'shortly,' Oracle says

Oracle Corp. says it will soon fix a flaw in its Java software that caught the attention of the U.S. Department of Homeland Security. In a statement Saturday, the company said it was "aware

of a flaw in Java software integrated with web browsers." The glitch, which experts believe hackers could exploit, is only in the JDK7 version of the software, and it "does not affect Java applications directly installed and running on servers, desktops, laptops and other devices," the company said, adding that a "fix will be available shortly."

THE ASSOCIATED PRESS

Alimony ruling

## Maple Leaf Foods CEO to pay ex-wife \$175K monthly

The CEO of Maple Leaf Foods has been ordered to pay his ex-wife \$175,000 a month in interim spousal support after an Ontario judge struck down parts of a marriage contract meant

to keep the family's wealth within the bloodline. Michael McCain must also make retroactive payments stretching back to July 2011, the first month of his split from his wife of 30 years, Christine McCain. The case, which was heard in November and decided last month, lays bare intimate details of the McCain's marriage and lavish lifestyle.

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# PLAYING BLAME GAME DOESN'T WORK FOR THIS 'GENIUS'



**URBAN COMPASS**  
Steve Collins  
ottawa@metronews.ca

There's a peculiarity to living in a city whose very name serves as a national shorthand for the federal government and its sometimes clued-out decision

makers. I've learned not to take it personally when the latest objectionable government notion is disparagingly attributed to "some genius in Ottawa."

The overwhelming majority of those who live here, after all, have about as much to do with the regular emissions of goofiness from the feds as do our fellow citizens in Gander or Gibsons. We might bump into more cabinet ministers at the airport, but they don't buttonhole us for advice. Whatever you're upset about this week, it wasn't us, we swear.

I once again felt this urge for disavowal last week, amid questions of whether the Canadian Forces, smarting from budget cuts, would start going after communities, provinces and other federal government departments with bills for their disaster relief work across the country.

The military, we were told, has for the past 15 years waived (but always reserved) their option of invoicing, say, flood-ravaged Manitoba communities for all those sandbags.

Coincidentally, 15 years ago, the Canadian Forces emerged as the heroes of the 1998 ice storm, which had crippled communities in Ontario, Quebec and New Brunswick. The well-deserved attaboys from a grateful public would have been somewhat muted, you can imagine, had the military turned around and presented the recipients of their aid with a bill for the estimated \$60-million in services rendered.

Various government spokespeople tried to explain under what circumstances taxpayers, understandably under the impression they'd already paid in full for the armed forces, might now be obliged to pay additional protection money should they actually need their help. As a denizen of unofficial Ottawa, I cringingly braced for another hit of bureaucratic guilt by association.

Then came Friday's scramble in the freezing rain over the legality of a one-day teacher walkout and whether it would close area public schools, which provided some welcome relief from my Ottawa-shame.

This whole mess, remember, followed aggressive legislation and contracts imposed by the provincial government at Queen's Park. It was clearly not the fault of any "genius in Ottawa."

Ottawa residents could safely join the rest of the province in blaming "some genius in Toronto," and either the teachers' unions or the Liberal government, according to politics and temperament (and conveniently forgetting that Ottawa's the hometown of our embattled premier).

Despite a ruling handed down in the wee hours of Friday morning by the Ontario Labour Relations Board outlawing the job action, it seemed that confusion had won the day and a long weekend was in the offing for Ottawa schoolchildren, a somewhat unexpected manifestation of Bill 115's purported goal of "Putting students first."

Even some of us with no kids, though we were certainly experiencing less aggravation than all the moms and dads frantically reworking their schedules to keep up with events, were by no means any less confused.

My local schoolyard is one of the few fenced-in spots in the neighbourhood where our entertainment-starved dog can chase a ball around without undue risk of a flattening run-in with traffic. We take advantage of the playground on weekends and holidays, and Friday seemed, from all indications, to have become one.

So there we were in the midst of a pretty good session, the mutt bounding across an icy and abandoned schoolyard, when a staff member emerged from the door of the school and kindly, nicely, asked if we'd refrain from visiting the grounds during school hours. Our (admittedly charismatic) canine companion, she explained, was a little too fascinating for the students inside.

Oh, of course, I replied, all apologies, and fighting down an old fear of being sent to the principal's office. I didn't know there were any kids here to distract. Aren't you closed today?

"We're Catholic."

Ah.

Whoever that supposed genius in Ottawa may be, he's clearly not me.

## Anniversary picks up steam



ALASTAIR GRANT/THE ASSOCIATED PRESS

### London Tube

### Restored-train trip marks 150th

Metropolitan 1, a restored steam train built in 1898, passes through Farringdon Tube station on its journey between Olympia Tube station in the west to Moorgate station in London on Sunday.

The trip was part of celebrations for the 150th anniversary of the London Underground Tube system. The first stretch of the world-famous network opened to the public on Jan. 10, 1863.

THE ASSOCIATED PRESS

### Underground

### Onlookers catch glimpse of history

Tourists waiting for the morning subway train to Madame Tussauds were treated to the unusual sight. Hundreds of train fans, costume-wearing enthusiasts, and curious onlookers gathered at platforms and bridges across the city to watch as the locomotive transported passengers on the iconic trip.

THE ASSOCIATED PRESS

### Chugging along

### Mayor calls ride 'romantic'

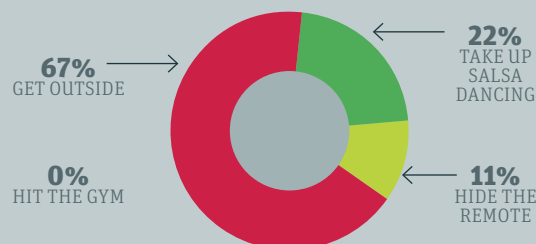
London Mayor Boris Johnson was among the invited passengers aboard the historic black-and-red locomotive. He said the trip was "romantic," describing "thick clouds of white steam going past and then bits of soot coming through from the engine."

THE ASSOCIATED PRESS



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### What's your plan for getting in shape in 2013?



### Twitter

**@NikkilRvine:** @DaneToGo haha they are! But if you are looking to get intoxicated in 3 minutes, it works effectively :p

**@nessysalvatore6:** lol #SeaHawks is trending and i think swimming but everyone's like nope football

**@fredianslips:** #WhatMadeMeMadAsAKid Superman III & IV.

**@KraveAwmack:** Chalet getaway weekend starts now! #canada #holidays

**@Allann87qyrgvw:** A man in love is incomplete until he has married. Then he's finished.

**@mylifehasmeanin:** #ThingsYourParentsSay You are never home and always out late! \*stays home\* omg why don't you do anything you just sit in the house all day?





Tina Fey and Amy Poehler took over from the controversial Ricky Gervais as the hosts of the Golden Globe Awards. GETTY IMAGES

# Fey-ry funny stuff, gals

**Awards.** Tina Fey and Amy Poehler delight as hosts; Canuck composer Mychael Danna gives a shout-out to friends and family back home



**NED EHRBAR**  
Metro World News in Hollywood

All of Hollywood was focused on the 70th Annual Golden Globe Awards Sunday night as awards season kicked into high gear with the Hollywood Foreign Press' yearly party at the Beverly Hilton.

This year's new co-hosts,

## Best of the barbs

**"I haven't seen someone so totally alone and abandoned since you were on stage with James Franco at the Oscars."**

Tina Fey pays Anne Hathaway a backhanded compliment for her role in *Les Misérables*

Tina Fey and Amy Poehler, drew early raves for their work, with a lively opening segment that poked just enough fun at the attendees to make it memorable. "Only at the Golden Globes do the beautiful people of film rub shoulders with the rat-faced people of television," joked Poehler, who was up against Fey for best actress in a television comedy.

The first award of the night

went to Christoph Waltz, who was dubbed best supporting actor for his work in *Django Unchained*, beating out co-star Leonardo DiCaprio as well as Lincoln scene-stealer Tommy Lee Jones, who is considered the Oscar front-runner in the category.

Canadian composer Mychael Danna picked up the best score award for *Life of Pi*.

"I felt very, very blessed, even before this, and I speak

for the whole cast and crew, to be part of the whole *Life of Pi* experience," he said. "Beautiful, special film. A film of a lifetime."

Danna spent nearly a year working on the score for *Life of Pi*, which tells the story of a shipwrecked Indian boy adrift in the Pacific Ocean with a Bengal tiger.

The musician thanked his parents for giving him "the gift of music" and his friends and kids "back in Toronto."

Adele received her first Golden Globe for best song for *Skyfall*.

"Oh my God! Honestly, I've come out for a night" as a new mom, Adele said in an endearing acceptance speech. "I was literally not

expecting this."

On the TV side of things, early awards mirrored last September's Emmy awards. Maggie Smith won for best supporting actress for *Downton Abbey*, and Homeland star Damien Lewis earned the trophy for best actor in a TV Drama. *Homeland* also won for best TV drama.

WITH FILES FROM THE CANADIAN PRESS

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## Spears splits from X Factor, now from fiancé

How over is Britney Spears' engagement to ex-fiancé Jason Trawick?

So over that they reportedly returned the \$90,000 engagement ring Trawick gave her, according to E! News.

Trawick gave Spears the ring when he popped the question in December 2011, but plans for marriage are clearly over.

"Jason and I have decided to call off our engagement. I'll always adore him and we will remain great friends," Spears says in a statement.

It's turning out to be a big year of splits for Spears, as she also parted ways with the folks at the X Factor last week.



Britney Spears is back on the market once again.

ALL PHOTOS GETTY IMAGES

## Kobe Bryant gets back with wife



Kobe Bryant.

L.A. Lakers star Kobe Bryant and his wife, Vanessa, are not splitting up after all.

"We are pleased to announce that we have reconciled. Our divorce action will be dismissed. We are looking forward to our future together," Vanessa announced via her Instagram account.

The couple filed for divorce in 2011. Kobe took to his official Facebook page to go into a bit more detail.

"I am happy to say that Vanessa and I are moving on with our lives together as a family. When the show ends and the music stops, the journey is made beautiful by having that someone to share it with."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## Jackass alum killing it with his new reality show

### THE WORD

Mark Breslin  
scene@metronews.ca

Steve-O is the host of Killer Karaoke, a new series airing Tuesdays at 10 p.m. ET on Action.

The show features contestants performing their favourite songs in extreme and outrageous circumstances. We recently caught up with the Jackass alumnus to learn more about the show, aging and making people cry.

**You became famous for putting your body on the line in shows like Jackass. Now you're putting other people's bodies on the line. Are you getting older or are you getting smarter? Or both?**

I would like to believe both. I think that it's a good idea for me to work towards having a career more than a guy that just hurts himself.

**Do the contestants know what fate awaits them?**

When we're shooting a guy in a dog attack suit, he's probably got an inkling that he'll be attacked by dogs. But



for the most part, we don't let anybody on to what's going to happen.

**And when you decide on what people are going to do, do you match the contestants' particular fears**

Where we are able to cater to a person's particular fears, we do.

**Is anybody so tough that they just go through the song like the challenge is not even happening?**

That hasn't happened. The challenges are tough enough that not one single person has made it through without registering some sort of difficulty.

**Who makes better contestants, men or women?**

Depends on the challenge. Everyone loves to see a guy in pain, I think and they love to see women scared, but not in pain.



Lindsay Lohan.

## Former co-star comes to Lohan's defence

Lindsay Lohan is undergoing a fresh round of criticism thanks to a New York Times piece chronicling the adverse working conditions the actress inspired on the set of The Canyons, which she filmed last year.

But at least one former co-star is sticking up for her. "I never got yelled at. We didn't have that relationship at all. To be

completely fair to Lindsay, that did not happen. She didn't threaten me at all," says her Liz and Dick co-star Grant Bowler. "We had a lot of quiet, serious conversations about characters and we worked very, very hard. And we both ensured that when we came to set, we came to set very, very serious. That's the God's honest truth."

### Twitter



@oliviawilde

Thanks for all the sweet congratulatory love, friends! And may I compliment your savvy use of that nifty engagement ring emoticon.



@ABFoundation

You could go out on the street right now and 3 of the first 5 people you meet could do a better job than your current rep in Congress...



@ralphmacchio

Finally gave up my BB - kept crashing. Now the realization - I suck at touch screen. This tweet took 8 mins to generate. #iphoneneophyte.



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## Sunscreen

### Lather up. Yes, even in the winter

Even when it's hidden behind sleeting rain, the sun can harm your skin, says Boston-based dermatologist Dr. Thomas Rohrer. He explains why this is the case.

#### Why do we need to wear sunscreen in the winter?

Basically, the skin really doesn't care if it's summer, winter, spring or fall — it just measures the cumulative amount of sun exposure that you have from the day you're born until the day you die, and it just keeps adding up. For a lot of the skin cancers, what happens is, as we get more and more sun, eventually one of our weaker cells

reaches its limit and then forms a cancer, so whether you get that from walking to the car each day in the spring or sitting out on the beach for a couple hours in the summer, it really doesn't make a difference to the skin.

#### What about on days when you can't even see the sun?

On cloudy days, some of the damaging rays of the sun go right through the clouds.



(Using sunscreen) should just become a part of someone's daily skin-care routine.

MEREDITH ENGEL, MWN

## Exclusively online

- **Mommy tales.** Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices.



# Parenting fads set to rule the playground in 2013

## Yearly predictions.

Each year, parents jump on new trends, and many of them are just plain annoying



IT'S ALL RELATIVE  
Kathy Buckworth,  
kathybuckworth.com

Another year has gone by and another year filled with annoying parenting trends has been ushered in.

Here are some fads I'd like to see disappear by the end of 2013.

### Trophies for all

This one has been around for a while. We are raising our kids in a generation of "everybody wins and nobody loses" and what this does is make losers of us all.

Without experiencing not winning, kids don't know how thrilling it really is to bring home a coveted trophy or medal.

They don't give out Participation Medals at the Olympics; let's stop giving our kids trophies for simply turning

up. Think of the money, gold coloured plastic, and particle-board that could be saved.

### Snacks at every event

From visiting the local park to half-time at a pre-school soccer game, apparently we've decided our children can not a) be hungry at any point or b) be expected to not have a snack every half an hour that c) parents must carry with them at all times.

Recess snacks? Snack break at a play date?

End the madness, please.

### Ramping up holiday time

Kids used to send Valentine's Day cards to only kids they actually liked in their classroom.

Strange concept compared to today, when kids have to send in cards to everyone in the class, and half of them come with candies, stickers or pencils attached.

Then there's the mom who brings in (more!) snacks to the class on her child's birthday.

Let's lower that bar (and cost and calorie count) just a bit, OK?

### Food deception

This trend continues to be popular as parents everywhere hide kale, quinoa, broccoli and other healthy foods inside sauces, stews and other mixed dishes.

Of course it's great to feed kids nutritious food, but they should also appreciate and learn about what they are eating so that they can make informed decisions once they leave home.

One day they'll have to decide what to pick for themselves or (gasp) make their own lunch.

### Kid-tatorship

In many households, the kids are running the show when it comes to what they eat, when they eat, when they go to bed, what activities they choose to do and even where to go on vacation.

It's not all about the kids, kids. Remember that parents are people too and make sure you're not sacrificing all of your wants for theirs.

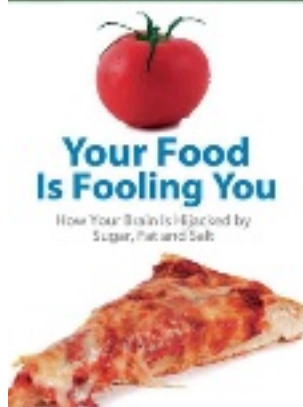
KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.



One trend sees all kids getting trophies just for showing up. ISTOCK

# Why your teen can't put down those chips

Being Food's #1 source of the New York Times Bestseller  
The End of Overeating



DAVID A. KESSLER, M.D.

MEREDITH ENGEL

Metro World News in New York

Former United States FDA Commissioner David Kessler's 2009 best-seller, *The End of Overeating*, introduced the thought that our eating habits are reinforced by the fat, sugar and salt pervasive in our diets.

Now, he's speaking to the adults of tomorrow with his new book, *Your Food is Fooling You*, to help teens learn the science behind their behaviour and how they can change it.

### Why write a book for young people?

The goal was to speak to them in a voice that doesn't talk down to them, that really tries to explain how they can protect themselves — to make sure that their neural circuits don't get adapted to wanting and responding to these cues.

The goal was to give young people the tools so that their grown brains, these neural circuits, do not get adapted to this constant wanting and constant responding. Because once the neural circuits get laid down and you start responding to

all these cues, it's very hard to unlearn that behaviour.

### How are teens targeted by the food industry?

Just look at all the places you can buy food today. And not only that, look at the food. Much of the food is designed; it is made multisensory.

### So what can we do about it?

The goal (of the book) is to explain how they can be in control, rather than the food industry. Much of the time, it's not that you're hungry. Much of the wanting is cue-induced. That's automatic — that it's happening to us, it's

not a conscious decision. (Ask yourself:) "Is it real food, or is it just highly processed layers of fat, sugar and salt?"

### How can parents help their children get healthy?

There's no question that young people are, to a significant extent, limited by someone else making the choices. But young people do have an ability when they're going through the school lunch line, what they encourage their family to eat, what choices they make. You never get rid of that cue-induced wanting cycle. But you can focus it on what you want.

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# Spice and stuff cookies for a decadent orange-date treat

These cookies incorporate spices and have a sweet surprise inside — a mixture of sweet dates, orange flavouring and crunchy hazelnuts. They're perfect with tea.

**1. Orange Date Filling:** In a saucepan, combine dates, orange rind and juice and bring to a simmer over medium heat. Cover and reduce heat to low. Cook, stirring once, for about 8 minutes or until juice is absorbed and dates soft. Remove from heat and stir to break up dates. Stir in hazelnuts and vanilla; set aside to cool.

**2.** In a bowl, whisk together flour, oats, baking soda, cinnamon, nutmeg and cloves; set aside.

**3.** In a large bowl, using an electric hand mixer, beat together butter and granulated and brown sugars until fluffy. Beat in egg and vanilla. Using a wooden spoon, stir in flour mixture. Then, using hands, bring dough together into a soft mixture.

**4.** Place a level 15-ml (1 tbsp)



This recipe makes about 30 cookies. THE CANADIAN PRESS H/O

measure of the dough on a work surface and flatten into a circle. Place 5 ml (1 tsp) of the filling into the centre and top with another flattened 15 ml (1 tbsp) of the dough. Pinch edges to seal. Place on parchment

paper-lined baking sheet and repeat with remaining dough and filling.

**5.** Bake in a 180 C (350 F) oven 12 minutes or until lightly golden around edges. Let cool

## Ingredients

- 500 ml (2 cups) all-purpose flour
- 125 ml (1/2 cup) large flake oats
- 2 ml (1/2 tsp) baking soda
- 2 ml (1/2 tsp) ground cinnamon
- 1 ml (1/4 tsp) freshly grated nutmeg
- Pinch ground cloves
- 175 ml (3/4 cup) butter, softened
- 125 ml (1/2 cup) each granulated and brown sugars
- 1 egg
- 5 ml (1 tsp) pure vanilla extract
- Orange Date Filling**
  - 250 ml (1 cup) pitted Medjool dates, chopped
  - 2 ml (1/2 tsp) grated orange rind
  - 125 ml (1/2 cup) orange juice
  - 125 ml (1/2 cup) flaked hazelnuts (filberts)
  - 2 ml (1/2 tsp) pure vanilla extract

slightly before serving.

THE CANADIAN PRESS/ NATURAL DELIGHTS MEDJOOL DATES

## Healthy eating

### Choose it and lose it



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On those cold days, you want a beverage that will instantly warm you up. But if you order the wrong one, you'll be drinking your calories.

### Second Cup White Mocha with whipped cream (16 oz, 2% milk)

460 calories, 24 g fat, 17 g saturated fat  
Whipped cream and chocolate syrup make this more of a dessert.



### Equivalent

A 16 oz, 2% milk Second Cup White Mocha with whipped cream is equivalent in fat to 10 8-oz cartons of chocolate milk. It also contains 1/3 of your daily calories and 1/2 your daily fat.



### Second Cup Moccachino (16 oz, skim milk)

300 calories, 5 g fat, 4 g saturated fat  
Take away the whipped cream and add lower fat milk and you have an acceptable hot beverage.



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# Have your cookies and dip into them too — literally

**1. Cookie dough:** In a large bowl use an electric mixer to beat the butter and both sugars until light and fluffy. Add the milk, vanilla and salt, then mix well. Add the flour and mix just until thoroughly blended. Mix in the chocolate chips.

**2.** Divide the mixture into chunks, about 1 teaspoon each. They don't need to be perfectly rounded. Arrange them without touching on a parchment

## Ingredients

### For the cookie dough

- 6 tbsp unsalted butter, at room temperature
- 1/2 cup packed brown sugar
- 1/4 cup granulated sugar
- 1 tbsp milk or cream
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1 1/4 cups all-purpose flour
- 3/4 cup mini chocolate chips

### For the dip

- Two 8-oz packages cream cheese, softened
- 2 cups powdered sugar
- 6 tbsp milk
- 1 tsp almond extract
- Pinch salt
- 1/2 cup sour cream
- 10 Oreo (or similar) cookies, crushed



This recipe serves 24. MATTHEW MEAD/ THE ASSOCIATED PRESS

paper-lined baking sheet, then place in the freezer for 15 minutes.

**3.** Meanwhile, in a food processor combine the cream cheese and powdered sugar.

**4.** Process until smooth and creamy. Add the milk, almond extract, salt and sour cream, then process. Transfer to a bowl, then use a spatula or spoon to gently stir in the crushed cookies.

**5.** Once the cookie dough chunks have chilled, gently stir them into the dip. Transfer to a serving bowl and serve immediately or chill until ready to serve.

THE ASSOCIATED PRESS



# In the business of being a hero

**Do you have what it takes?** Consider this fast-paced but infinitely fulfilling field of paramedicine

YLVA  
VAN BUUREN  
careerbear.com

If you can keep your cool in an emergency and don't faint at the sight of blood, paramedicine might be the career for you.

Paramedics are "first responders," working alongside police and firefighters to provide emergency services and pre-hospital care for patients.

## The great web of work

- Career Bear is Canada's premier source for people who want a new career, but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.



Working paramedics have taken a community college course and obtained proper certification. ISTOCK

In the course of a shift, they may be dispatched to a car accident, a private home where someone is having a heart attack or the scene of a shoot-

ing. Paramedics perform CPR and other basic trauma life support to stabilize patients and then rush them to hospital.

They work in teams, drive their own ambulances or emergency response vehicles and provide care on-site and en-route to the hospital.

## Paramedic perk

**"It is a profession where every personal encounter is a chance to make a meaningful difference in someone's life. Paramedicine is a rewarding career for those with a passion for health care and who also enjoy being constantly mobile."**

Kim McKinnon  
Superintendent, Toronto Emergency Medical Services

- Industrial safety
- Military medic
- Air ambulance worker

## Salary expectations

\$70,000 to \$85,000 (Toronto EMS numbers)

## Career tracking

Recent grads get jobs working for an EMS department. There are different levels of paramedicine and you can take additional training to become an advanced care or critical care paramedic.

## Successful paramedics are...

## Career opportunities

- Ambulance service or EMS member
- Search and rescue team member
- Supervisory role
- Emergency planning
- Emergency medical dispatcher

- Calm under pressure
- Critical thinkers
- Dedicated
- Rapid decision makers
- Empathetic
- Leaders
- Physically strong
- Good communicators
- Multi-taskers
- Able to delegate

## First-person

## Meet the real deal

Jonathan Paget is a primary care paramedic at Toronto EMS. Originally from Ottawa, he joined Toronto EMS in 2007 after graduating from the Algonquin College paramedic program. Prior to his career in paramedicine, Jonathan had a career in management in the hospitality industry.

## Why I love my job:

I love my job because it's an extremely dynamic work environment, and I really enjoy helping people.

I like to be busy and the Toronto EMS is an extremely busy service. I like the variety too — two days are seldom the same.

When we are on a medical scene, we're calling the shots and we're able to problem solve and

use our critical thinking skills. You're looking at a patient's signs and symptoms to figure out the best way to deal with the emergency.

Through your career, there will be something that's going to affect you emotionally. I was first on the scene for a large catastrophic car crash and I took that home with me for a couple of months.

It's important to have a healthy outlet. Thankfully,

my wife is in emergency medicine so we debrief each other in a healthy manner.

Peer support is helpful, and you can work with a staff psychologist too, if necessary.

I actually find that this job is the easiest job that I've ever done because I enjoy it so much. And, when you do something to help the public, it adds something special to the job you're doing.

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### The In-Credibility Factor

**Name:** Joy Hu  
**City:** Toronto  
**Age:** 26  
**Occupation:** Director, designer and production manager of The Joy Hu Collection



**THE IN-CREDIBILITY FACTOR**  
Teresa Kruze  
[life@metronews.ca](mailto:life@metronews.ca)

Joy Hu is a Canadian fashion designer of couture clothing with showrooms in Toronto and New York. Joy started drawing at age five, produced her first design at the age of 13 and by the time she was 18 years old, her online design business was making \$10,000 a month. She describes her design style as "a cocktail of romantic elegance with modern sexy chic and a dash of diamond."

**I knew I was on my way when ...**

I started my showroom in Canada in 2008. I had just moved from China the year before and I didn't know anyone.

I started with one rack of 10 garments, but now I have 20 racks in my showroom. My designs have an international taste with a twist of the East and West.

I look up to Vera Wang and in five or 10 years I want to be like her, but my definition of success isn't about money. I want my clients to feel and look good.

When my customers are happy and come back, that makes me feel like I have done my job.

### Action Plan:

#### Listen to your customer

There are lots of talented designers out there that are creating clothing more for themselves. Give your customer something creative, but remember to always make it wearable.



When Joy Hu started her showroom in Canada, she only had one rack of garments. Now she has 20. PROVIDED

### Social media is a powerful marketing tool

We don't have Facebook in China, so when I came to Canada I learned about social media.

I have built my whole business based on Facebook — it's incredible.

For the 21st century, online marketing is very important.

### Watch your bottom line closely

In the early years of your business, be careful what you spend. I saw one designer put all their money into beautiful pictures, but went bankrupt shortly after. Start out slowly, be careful what you spend and always have a backup plan.

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NHL

## Canadiens send Gomez packing

The Montreal Canadiens opened training camp with a bang by sending underperforming centre Scott Gomez home for the rest of the season.

The move by new general manager Marc Bergevin



Scott Gomez

GETTY IMAGES FILE

will allow the Canadiens to buy out Gomez's contract in the summer and clear \$7.3 million US in salary-cap space

for next season.

Gomez, the Canadiens' highest-paid player, famously went more than a calendar year without scoring a goal during the last two campaigns.

THE CANADIAN PRESS

Cycling

## Armstrong 'at ease' ahead of Oprah interview

Out for a Sunday morning jog in bright sunshine, Lance Armstrong hardly looked like a man about to finally confront the doping scandal that has shadowed his storied career like an angry storm cloud.

"I'm calm, I'm at ease and ready to speak candidly," Armstrong told The Associated Press, referring to his interview Monday with Oprah Winfrey.

In what's been billed as a "no-holds barred" session, the cyclist is expected to reverse course after a decade of denials and apologize for doping, as well as offer a limited confession about his role at the head of a long-running scheme to dominate the Tour de France with the aid of performance-enhancing drugs. THE ASSOCIATED PRESS



Matt Bryant of the Falcons kicks the game-winning field goal in the fourth quarter against the Seattle Seahawks on Sunday in Atlanta. STREETER LECKA/GETTY IMAGES

# Seahawks' Cinderella season ends in Atlanta

**NFL.** QB Wilson rallies Seattle again only to see Falcons win on Bryant's late field goal

Pete Carroll called the game "extraordinary" and his Seahawks' comeback "exquisite." Then, the coach called his rookie quarterback "unbelievable."

Russell Wilson did everything he could to deliver Seattle another comeback win in the playoffs.

Wilson led the Seahawks to three fourth-quarter touchdowns only to see Atlanta's Matt Bryant kick a 49-yard field goal with eight seconds remaining to give the Falcons a 30-28 NFC divisional playoff win over Seattle on Sunday.

Playoffs

30	28
Falcons	Seahawks

"(Wilson) put us in position to be in another game next week, but we couldn't finish it," Carroll said.

"That's just an amazing football team we have ... It's a really good team and we're just getting started."

The unflappable Wilson is the biggest reason for Carroll's optimism about the Seahawks' future.

The Falcons led 27-7 at the start of the fourth before Wilson began Seattle's

comeback. He had a one-yard touchdown run, passed to tight end Zach Miller for a two-yard score and then led a go-ahead drive capped by Marshawn Lynch's two-yard run with 31 seconds left.

"I love it when games are on the line," Wilson said. "I love it when games are a little bit tight. When others are nervous, that's when I love to play."

There was ample reason for nerves on each sideline in the wild final quarter.

Wilson watched but didn't panic as Atlanta's Matt Ryan completed passes to Harry Douglas and Tony Gonzalez to set up Bryant's game-winning kick.

Wilson was left with eight seconds.

"When we had the ball I knew we were going to win,"

Wilson said. "I knew we were going to score. Obviously it didn't work out."

Following a squib kickoff by Bryant, Wilson completed a short pass to Doug Baldwin to the Falcons 46.

That left Wilson only two seconds for one final desperation toss. The game ended with Falcons receiver Julio Jones, playing deep in the prevent defence, intercepting Wilson's pass in the end zone.

It was the only interception for Wilson, who completed 24 of 36 passes for 385 yards and two touchdowns. Wilson also had seven carries for 60 yards and a touchdown.

"I think he's an amazing football player," Carroll said. "I think he proved it yet again. It's undeniable."

THE ASSOCIATED PRESS

# Pats romp way to AFC title game rematch



New England Patriots running back Shane Vereen, right, is tackled by Glover Quin of the Houston Texans in Foxborough, Mass., Sunday. Vereen scored three touchdowns in the Patriots' 41-28 win. ELISE AMENDOLA/THE ASSOCIATED PRESS

Tom Brady idolized Joe Montana as a kid in the Bay Area. Now, he's surpassed his hero for post-season wins.

Brady got his 17th, the most for any quarterback, in New England's 41-28 AFC divisional victory over Houston on Sunday. If Brady can lead the Patriots past Baltimore in next weekend's conference title game, then win the Super Bowl, he'll equal the 49ers' Hall of Famer for NFL championships.

Brady has guided the Patriots to five Super Bowls, winning the first three; Montana was 4-for-4 in the big game, playing for Brady's hometown

Stepping up

After gaining 400 yards overall during the season, Shane Vereen picked up 124 against the Texans. He had four touchdowns in the regular season compared to the three he scored on Sunday.

team.

Next up is Baltimore, which stunned top-seeded Denver in double overtime Saturday, and lost 23-20 at Gillette Stadium last January in the last step before the Super Bowl. But the Ravens beat the Patriots

in Week 3 this season at Baltimore.

Seldom-used running back Shane Vereen scored three times, twice on pinpoint throws from Brady, as New England (13-4) beat Houston (13-5) for the second time in a month.

Brady was missing some key helpers, but got the usual outstanding performance from Wes Welker, the AFC's top receiver with 118 catches this season who looked like he might reach that total against Houston's befuddled defence. He caught six in the first half for 120 yards, including a 47-yarder, and wound up with eight for 131. THE ASSOCIATED PRESS





Serbia's Novak Djokovic serves during a practice session ahead of the 2013 Australian Open at Melbourne Park on Sunday. SCOTT BARBOUR/GETTY IMAGES

# Recharged Djokovic has sights set on Aussie Open history

**Tennis.** Top-ranked men's player hoping for a hat trick of titles at year's first grand slam

Novak Djokovic shelved the conventional preparations for a while, warming up for a shot at a third consecutive Australian title with a bit of weekend hit-and-giggle and a Gangnam Style dance with Serena Williams.

That was for kids' day, when thousands of people flocked to Rod Laver Arena to see 2012 Australian champions Djokovic and Victoria Azarenka hitting in a just-for-fun match with players including past champions Roger Federer and Serena Williams, a cast of human-sized cartoon characters and a marching band that played Michael Jackson's Thriller.

Come Monday, the No. 1-ranked Djokovic will be back to work, hoping his opener

against Paul-Henri Mathieu is the first of seven matches this month at the venue where he's had the most success in Grand Slam tennis. His five-set, five-hour, 53-minute win over Rafael Nadal in the final last year is already part of Australian Open folklore, and followed his titles at Melbourne Park in 2008 and 2011.

The fun matches, the joking around and the break from official tournaments in the off-season are crucial ingredients to Djokovic's success in Australia.

"You get time to recover, regroup, recharge your batteries mentally, physically, try to get ready for the new season," said the 25-year-old Djokovic. "You come here fresh. You're motivated and inspired to play some good tennis."

"This is my most successful Grand Slam. But this Grand Slam is also known for a lot of surprises, players who have been reaching the final stages who are not expected to. We'll see. The Australian Open al-

## Federer rolls on

Another season, another potential tennis record for Roger Federer.

- But this one is a bit different. The celebrated Swiss star doesn't actually need to win a match, he just needs to show up and play — at each of the year's four Grand Slams.
- If he does, Federer will tally 56 consecutive Grand Slam singles tournaments, which would equal the record held by retired South African player Wayne Ferreira.

ways brings something interesting."

No man has won three successive Australian titles in the Open era, which dates back to 1968.

THE ASSOCIATED PRESS

## NBA

### Anthony, Knicks make fast work of Hornets

Carmelo Anthony was hungry, and not just to end the Knicks' losing streak.

He wanted something to eat.

Anthony, struggling to keep his energy up while fasting for two weeks, snapped out of a slow start by scoring 18 of his 27 points in the second quarter, and New York ended its three-game skid with a 100-87 win over the New Orleans Hornets on Sunday.

"I'm kind of going through something right now with my own self, trying to find some energy and things like that. But we'll be fine," Anthony said. "We bounced back pretty well, I bounced back pretty well, stuck with it and won the game."

The all-star forward said he hadn't had any meat or carbs in 15 days.

"I usually do it sometimes just to get some clarity in my life and just spiritual reasons. I'm done now. I can't do it no more. I surrender," Anthony said, adding he was headed out to look for a steak after the game.

THE ASSOCIATED PRESS

## NBA. Raptors cough up 20-point lead to Bucks

The Toronto Raptors' bench was nowhere to be found when the team needed it most Sunday.

The Milwaukee Bucks overcame a 20-point deficit to beat the Raptors 107-96 — outscoring Toronto's undermanned bench 43-7 while two of the Raptors' leaders were being treated for injuries.

"Our bench has been great all year, I can't commend them enough on how they come in and change the game or at least maintain it for us, but today for whatever reason (Milwaukee's) bench came in and outplayed us," said Raptors coach Dwane Casey. "They clearly outplayed us, defensively, offensively, all around."

The loss spoiled strong outings from Amir Johnson and Ed Davis — Johnson finishing with 22 points and 14 rebounds, and Davis scoring 20 points and grabbing 12 boards.

DeMar DeRozan added 23 points, while Jose Calderon had 21 points and eight assists for the Raptors (14-23).

Both Johnson and Calderon played most of the game injured, Calderon tweaking his right calf muscle in the first quarter, Johnson landing awkwardly on the right ankle that had already been bothering him. Both started the second half.

With Calderon firing on all cylinders before the injury, the



Raptors forward Amir Johnson goes up for a shot between Milwaukee's Larry Sanders, left, and Ersan Ilyasova on Sunday in Toronto. TORSTAR NEWS SERVICE

## Sunday's game

107 96  
Bucks Raptors

Raptors raced out to a 20-point lead in the first 10 minutes. But the bench fired blanks and all of a sudden the Bucks were tied with Toronto just prior to half-time. THE CANADIAN PRESS

## NBA

### EASTERN CONFERENCE

	W	L	Pct	GB
Miami	24	11	.686	—
New York	24	13	.649	1
Indiana	23	15	.605	2 1/2
Brooklyn	22	15	.595	3
Atlanta	21	15	.583	3 1/2
Chicago	20	15	.571	4
Milwaukee	19	17	.528	5 1/2
Boston	19	17	.528	5 1/2
Philadelphia	16	22	.421	9 1/2
Toronto	14	23	.378	11
Detroit	14	24	.368	11 1/2
Orlando	13	23	.361	11 1/2
Charlotte	9	27	.250	15 1/2
Cleveland	9	29	.237	16 1/2
Washington	6	28	.176	17 1/2

### WESTERN CONFERENCE

	W	L	Pct	GB
Oklahoma City	28	8	.778	—
L.A. Clippers	28	9	.757	1/2
San Antonio	29	11	.725	1
Memphis	24	11	.686	3 1/2
Golden State	22	12	.657	4 1/2
Denver	22	16	.579	7
Portland	20	16	.556	8
Houston	21	17	.553	8
Utah	20	19	.513	9 1/2
Minnesota	16	18	.471	11
.A. Lakers	15	21	.417	13
Dallas	15	23	.395	14
Sacramento	13	24	.351	15 1/2
Phoenix	13	26	.333	16 1/2
New Orleans	11	26	.297	17 1/2

### Sunday's results

New York 100 New Orleans 87  
Milwaukee 107 Toronto 96  
Brooklyn 97 Indiana 86  
San Antonio 106 Minnesota 88  
Golden State at Denver  
Oklahoma City at Portland  
Cleveland at L.A. Lakers

### Saturday's results

Orlando 104 L.A. Clippers 101  
Indiana 96 Charlotte 88  
Washington 93 Atlanta 83  
Philadelphia 107 Houston 100  
Utah 90 Detroit 87  
Phoenix 97 Chicago 81  
Dallas 104 Memphis 83  
Miami 128 Sacramento 99  
Monday's games — All Times Eastern  
Orlando at Washington, 7 p.m.  
Charlotte at Boston, 7:30 p.m.  
Atlanta at Chicago, 8 p.m.  
L.A. Clippers at Memphis, 8 p.m.  
Minnesota at Dallas, 8:30 p.m.  
Miami at Utah, 9 p.m.  
Oklahoma City at Phoenix, 9 p.m.  
Cleveland at Sacramento, 10 p.m.

## BUCKS 107, RAPTORS 96

### MILWAUKEE (107)

Jennings 5-13 7-7 19, Henson 8-13 3-4 19, Ellis 7-17 2-2 17, Dunleavy 5-8 2-2 15, Sanders 4-6 3-6 11, Ilyasova 3-6 2-2 9, Mbah A Moute 4-5 0-0 8, Udrih 2-5 0-0 5, Daniels 1-2 0-0 2, Udoh 1-2 0-0 2.

Totals — 40-77 19-23 107.

### TORONTO (96)

DeRozan 7-19 9-10 23, Johnson 9-16 4-4 22, Calderon 9-15 0-0 21, Davis 8-12 4-7 20, Anderson 2-10 1-2 5, Fields 1-5 1-2 3, Acy 0-3 2-2 2, Lowry 0-4 0-0 0, Ross 0-1 0-0 0.

Totals — 36-85 21-27 96.

Milwaukee 16 31 27 33 — 107

Toronto 34 15 29 18 — 96

### 3-Point Goals—Milwaukee 8-19 (Jennings)

2-5, Dunleavy 3-4, Ellis 1-3, Ilyasova 1-2, Udrih 1-2, Daniels 0-1, Mbah A Moute 0-1, Henson 0-1. Toronto 3-13 (Anderson 0-5, Calderon 3-4, DeRozan 0-2, Fields 0-1, Lowry 0-1). Rebounds—Milwaukee 32 (Sanders 8, Henson 6, Ilyasova 5, Jennings 4, Dunleavy 2, Udrih 2, Udoh 2, Mbah A Moute 2, Ellis 1). Toronto 40 (Johnson 14, Davis 12, DeRozan 5, Calderon 2, Lowry 2, Anderson 2, Acy 2, Fields 1). Assists—Milwaukee 29 (Jennings 10). Toronto 25 (Calderon 8).

Total Fouls—Milwaukee 25, Toronto 21.

Attendance—17,384 at Toronto. T—2:20

## NFL

### DIVISIONAL PLAYOFFS

#### SUNDAY'S RESULTS

Atlanta 30 Seattle 28  
New England 41 Houston 28

#### SATURDAY'S RESULTS

Baltimore 38 Denver 35 (2OT)  
San Francisco 45 Green Bay 31

## CONFERENCE CHAMPIONSHIPS

### SUNDAY'S GAMES — All Times Eastern

NFC — San Francisco at Atlanta, 3 p.m.  
AFC — Baltimore at New England, 6:30 p.m.

## SUPER BOWL

### SUNDAY, FEB. 3

At New Orleans  
AFC vs. NFC champions, 6 p.m.

## TENNIS

### ATP — APIA INTERNATIONAL

#### AT SYDNEY, AUSTRALIA

##### Single — Championship

Bernard Tomic, Australia, def. Kevin Anderson, South Africa, 6-3, 6-7 (2), 6-3.

##### Doubles — Championship

Bob and Mike Bryan (1), U.S., def. Max Mirnyi, Belarus, and Horia Tecau (4), Romania, 6-4, 6-4.

## ATP-HEINEKEN OPEN

#### AT AUCKLAND, NEW ZEALAND

##### Singles — Championship

David Ferrer (1), Spain, def. Philipp Kohlschreiber (2), Germany, 7-6 (5), 6-1.

##### Doubles — Championship

Colin Fleming, Britain, and Bruno Soares (1), Brazil, def. Johan Brunstrom, Sweden, and Frederik Nielsen, Denmark, 7-6 (1), 7-6 (2).

## WTA — MOORILLA HOBART INTERNATIONAL

#### AT HOBART, AUSTRALIA

##### Singles — Championship

Elena Vesnina, Russia, def. Mona Barthel (9), Germany, 6-3, 6-4.

##### Doubles — Championship

Garbine Muguruzza and Maria-Teresa Torro-Flor, Spain, def. Tímea Babos, Hungary, and Mandy Minella, Luxembourg, 6-3, 7-6 (5).

## AHL

### Sunday's results

Toronto 2 St. John's 4  
Portland 3 Worcester 1  
Manchester 1 Providence 2  
Bridgeport 5 Albany 4  
Connecticut 0 Hershey 5  
Texas 3 Oklahoma City 0  
Peoria 3 Milwaukee 2 (SO)  
Charlotte 2 Houston 1 (OT)  
Tuesday's games — All Times Eastern  
Springfield at Manchester, 7 p.m.  
Connecticut at Portland, 7 p.m.  
W-B/Scranton at Norfolk, 7:15 p.m.  
Hamilton at Abbotsford, 10 p.m.

### Wednesday's games

Hershey at Worcester, 7 p.m.  
Grand Rapids at Charlotte, 7 p.m.  
Rochester at Binghamton, 7:05 p.m.  
Texas at Chicago, 8 p.m.  
Hamilton at Abbotsford, 10 p.m.





Horoscopes

**Aries**

March 21 - April 20

You will find it difficult to disguise your feelings today, but why would you want to? No matter how hard you try to keep your opinions to yourself something will slip out. Let's just hope it's something good.

**Taurus**

April 21 - May 21

No matter how carefully you try to explain something to a friend or colleague they just don't seem to get it. Are they stupid or are they stubborn? Whatever the answer don't waste too much time on them.

**Gemini**

May 22 - June 21

Don't commit yourself too easily, especially if certain people try to push you into making a quick decision. In fact, the more they talk up a project the more suspicious you should be. Make sure you know all the facts.

**Cancer**

June 22 - July 23

You would be wise to remember today that not everyone is as straightforward and honest as you – in fact some people seem to be evasive by design. Trust only those who have a track record of being straight shooters.

**Leo**

July 24 - Aug. 23

If you have a detailed plan of what you intend to do everything will work out fine. If, however, you leave things to chance your day will probably fall apart in a matter of minutes. So draw up that plan.

**Virgo**

Aug. 24 - Sept. 23

If you follow the rules over the next 24 hours you won't go far wrong, but if you cut corners you could end up in serious trouble. Today's aspects suggest someone is in for a rude awakening. Don't let it be you.

**Libra**

Sept. 24 - Oct. 23

Use your head when dealing with people in positions of power. You may be entitled to get angry with a certain individual but don't forget they have the power to make things difficult for you.

**Scorpio**

Oct. 24 - Nov. 22

Spell out what you expect of other people in plain and simple language today, because if your instructions are vague it's guaranteed they will get it wrong. Then they will be perfectly entitled to blame it on you.

**Sagittarius**

Nov. 23 - Dec. 21

You may have made up your mind about something but if everyone else disagrees with you it might be wise to think again. If you discover later on that you made a decision based on limited facts it could prove costly.

**Capricorn**

Dec. 22 - Jan. 20

You need to delegate more and you need to trust friends and colleagues to do a good job. Okay, so it won't be as good as if you had done it yourself but not even a Capricorn can do it all. Get help.

**Aquarius**

Jan. 21 - Feb. 19

Some things happen for a reason and some things, well, they just seem to happen. What takes place today will most likely fall in the latter category. Don't search too hard for an answer. Maybe there isn't one.

**Pisces**

Feb. 20 - March 20

Why worry about things that most likely will never happen? If you stop and consider what you are getting worked up about you will realize it is of no importance at all. Why frown when you could be smiling?

SALLY BROMPTON

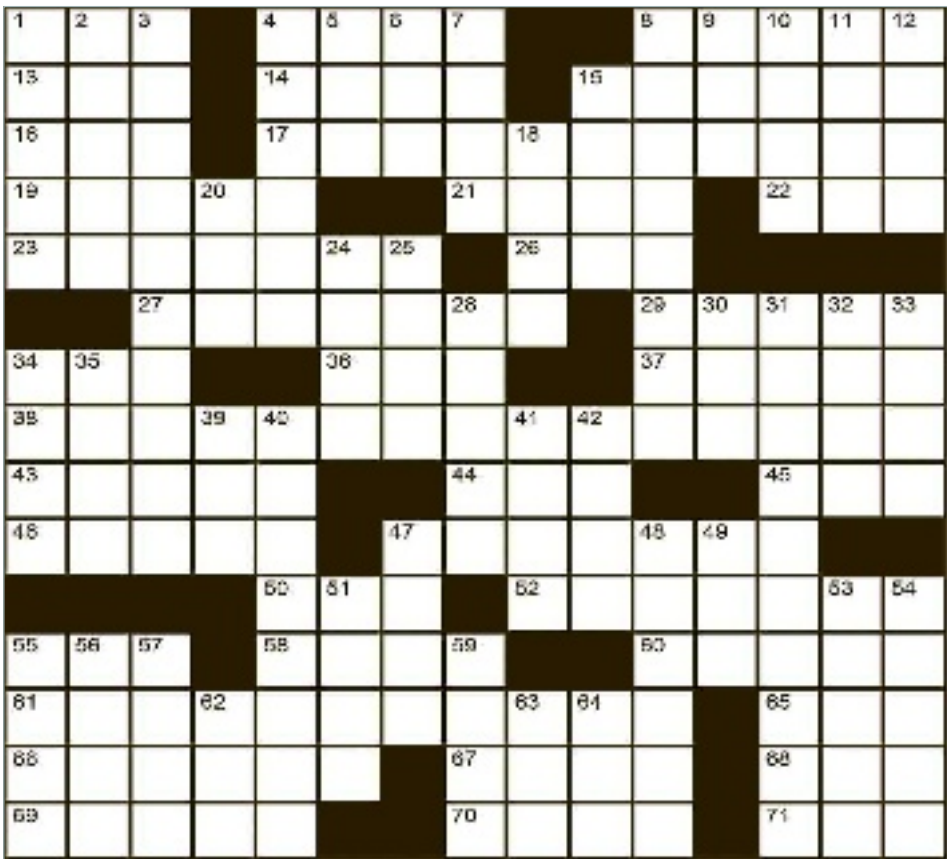
Crossword: Canada Across and Down

Across

- Electronics co.
- Wharf
- Garlic segment
- Vitner's prefix
- Seed covering
- Swiss \_\_\_
- Australian boot maker
- Guy in Alanis Morissette's "You Oughta Know": 2 wds.
- Sea swallows
- "You Raise \_\_\_" by Josh Groban: 2 wds.
- \_\_\_ de plume
- James Bond's tools-of-the-trade: 2 wds.
- Sales pro
- Neutral lip/\_\_\_ (Makeup application pairing)
- Emily Watson's role in "Gosford Park" (2001)
- Jackie O's hubby
- Blood-typing letters
- Nicole Kidman's friend Naomi
- Voyageur vessels: 2 wds.
- Jim Cuddy's band, with Blue
- Actor Mr. Penn
- US firearms org.
- "\_\_\_ secret that..."
- Sasha Fierce singer
- \_\_\_ Paulo, Brazil
- Garage function
- Facing [abbr.]
- Laze
- Taylor Swift song-for-charity
- Reality star who won gold at the Montreal 1976 Olympics: 2 wds.
- Theatrical monogram
- Edmonton players
- Ex-Leaf Tie
- Kind of deer
- Ex-Montreal team
- Takeout orders, e.g.
- Pastureland

Down

- Major upsets
- Pre-university school in Quebec
- Rovio game sensations: 2 wds.
- Silent movie's in-distress role



- Hockey's Bobby
- "El \_\_\_" (1961)
- Supermodel Heidi
- "The legend lives on from the \_\_\_ on down..." - Gordon Lightfoot
- Lake: French
- Ken of "thirtysomething"
- Disallow
- Word's history [abbr.]
- Colonel Mustard's game
- Mere's mate
- Stop-\_-
- Just \_\_\_ (Small bit)
- Ms. McEntire

- Radiohead singer Thom
- PC linking system
- The \_\_\_, Canadian author Margaret Laurence's most famous work: 2 wds.
- Road of Rome
- 'Cont' completer (Italian noble-woman)
- Dugout shelter
- Hilarious one
- 100 yrs.
- Gene Hackman basketball movie
- Jays followers

- Curdle
- Tree trunk
- Action star Chuck
- \_\_\_-Magnon Man
- Noun modifiers, for short
- Movie star Clark
- Laud to the heavens
- Orchestra instrument
- Grand \_\_\_ racing
- "\_\_\_ Fiction" (1994)
- Remnants
- Company pres.
- \_\_\_ Turn (Road sign)
- Diplomatic bldg.

Yesterday's Crossword

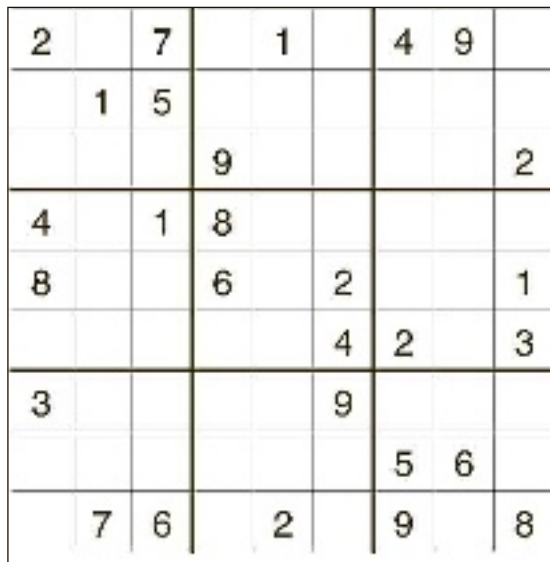


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



1°/-8°  
Variable

Tuesday



-3°/-9°  
Variable

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will be 14 days from now.  
Check the 14 day trend.

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